



Twenty One ————— Days
Of Prayer & Fasting



day one: *a sober mind*

“Be sober-minded, be alert. Your adversary the devil is prowling around like a roaring lion, looking for anyone he can devour. Resist him, firm in the faith, knowing that the same kind of sufferings are being experienced by your fellow believers throughout the world.” 1 Peter 5:8-9

Our mind is one of the most powerful instruments the Lord has given us. God created it to be a place of clarity, discernment, and communion with Him, yet the enemy often targets it through distraction, fear, and deception. One unchecked thought can slowly shift our focus and weaken our confidence in God's truth.

To be sober-minded is a daily posture of spiritual awareness and self-control. It is choosing to anchor our thoughts in God's Word rather than our circumstances. When our minds are submitted to the Holy Spirit, we gain discernment to recognize the enemy's tactics and the strength to resist them, standing firm in faith.

As we begin these 21 Days of Prayer and Fasting, let us invite God to refine our thoughts and sharpen our spiritual vision. Even in moments of temptation or suffering, we can remain steadfast, knowing that Christ has already overcome the world and secured the victory on our behalf.